

free fitness & wellness classes

11 APRIL - 13 JUNE

FLOWSTATE SOUTH BANK

DAY	TIME	CLASS
Mondays	5.30 pm	Body Jam
	6.30 pm	Body Balance
Tuesdays	6.00 am	Yoga
	5.30 pm	Abs, Butts & Thighs
	6.30 pm	Mat Pilates
Wednesdays	5.30 pm	Zumba
	6.30 pm	Body Attack
Thursdays	6.00 am	Mat Pilates
	5.30 pm	Body Combat
	6.30 pm	Yoga
Friday	6.30 pm	Friday Dance Club
Saturdays	7.30 am	Yoga
	8.30 am	Mat Pilates
	9.30 am	Zumba

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PROGRAM

PRODUCED BY



SUPPORTING PARTNER

Goodlife.
HEALTH CLUBS